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thecollegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY



VOL. 119 NO. 13

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Tomorrow:
High: 78 °F
Low: 57 °F



Saturday:
High: 8- °F
Low: 65 °F

03

Head 2 Head:
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Bargain or bust for
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Ramen Remix:
Several new twists on
the college-budget
staple

05

Miss Kansas on a
Mission:
Next up, Miss America
Pageant

Week dedicated to awareness, empathy



Tanner Hall, sophomore in art education and member of LGBT, and Jesse Rodriguez, junior in electric engineering and a member of Called to Greatness, waiting to be rescued off of their mattresses by campus heroes on Wednesday. iEmpathize held the "silent mattress sit" on Bosco Student Plaza as part of the Empathy Week to raise awareness of human trafficking.

Alyssa Lally
staff writer

Advocates from iEmpathize, a national nonprofit organization against human trafficking, is visiting K-State this week. Throughout their stay the group is hosting several on-campus events in hopes of raising awareness and funds for the campaign against human trafficking. An undoubtedly noticeable awareness effort has been the mattresses scattered across Bosco Student Plaza. These grungy mattresses, with spray painted statements about trafficking, are reminders of the truth that human trafficking is happening across the United States – and that Kansas is not immune to the issue. According to iEngage representative Mark Brende, a cross-country rescue operation led by the FBI last month rescued nine victims in Kansas City.

Yesterday, iEmpathize used the dilapidated mattresses for a "silent mattress sit." In the sit out, students from K-State stationed themselves on the mattresses in Bosco Plaza and held cardboard signs with phrases like, "LGTB empathizes" and "athletes empathize," written in black marker.

The group also provided a guided empathy tour in the K-State Student Union Grand Ballroom. Attendees were led to different displays representing different countries, starting in Cambodia and ending in the United States. The tour, led by an iEmpathize member, showed stories and artifacts from victims, survivors and witnesses of human trafficking.

The iEmpathize tour guides told a story about a K-State student who had been raped in Manhattan her freshman year after being coaxed into a man's vehicle. They also shared stories from their own human trafficking experiences. During his tour, Brende shared his firsthand encounter when he and a friend were headed to a taco stand and ran into a group of young men "sharing" a roughly 13-year old girl on the streets of Mexico.

EMPATHY | pg. 8

Jed Barker | Collegian

Daniel Dorsett, junior in chemical engineering, donates to the iEmpathize campaign on Tuesday at Bosco Student Plaza. The iEmpathize campaign seeks to raise awareness and financial support for victims of sex trafficking around the world.



Lecture series brings together prestigious panel

Darrington Clark
editor-in-chief

In October, K-State students will have the opportunity to participate in a lecture style that the university has never experienced. This year's Landon Lecture series features not one speaker, but six guest presenters who will form a question-and-answer panel.

Ann Veneman, Dan Glickman, Mike Johanns, Mike Espy, John Block and Clayton Yeutter, all former U.S. secretaries of agriculture, will come together to present the 2013 Landon Lecture on Monday, Oct. 21 in the K-State Student Union Forum Hall at 7 p.m.

"These are names students should be familiar with and the impacts on the world that these people have had," Jackie Hartman, chief of staff and director of community relations at K-State, said.

Hartman said that the lecture presenters are slated for the perfect time to come to K-State, lining up with the 150-year anniversary as the first land-grant institution.

"All of these people understand the importance of agriculture in the state, in the region and our university," Hartman said. "Chances are, these folks may never come together in a public forum again."

The six past secretaries of agriculture will answer questions delivered by Dr. Barry Flinchbaugh, professor of agricultural economics. Flinchbaugh's past career work allowed for this year's lecture to happen.

"Because of Dr. Flinchbaugh's work with ag policy around the world, he knows these people and has the contacts to get to these people," Hartman said. It's extremely unusual to have as many as we have coming in one place."

Students, faculty and alumni are encouraged to attend the lecture. In addition to the information that will be presented, Hartman said that the unique opportunity should be reason enough to participate, whether one is involved in agriculture policy or not.

"It's important that students attend because this is history in the making for everybody, but for the students especially," Hartman said. "A lot of people will tell you that Kansas, or the Midwest, feeds the world. I think students who aren't in ag do need to know something about the heritage of their school."

Documentary brings insight to students affiliated with military families

Jakki Thompson
staff writer

Students filed into Forum Hall in the K-State Student Union to be seated around military service men and women, including Maj. Gen. Paul E. Funk II, commanding general of the 1st Infantry Division and Fort Riley, Wednesday afternoon. The room was abuzz with talk about how educators should best serve students affected by military families through the documentary, "A Walk In My Shoes: Military Families."

"A Walk In My Shoes: Military Life" was funded and sanctioned through the College of Education, using an idea from Debbie Mercer, dean of the College of Education.

"We have a moral obligation to prepare our future educators, who are doing their practicums in Geary County, Manhattan and Fort Riley schools and in close contact with students directly affected by the military, to be prepared with the knowledge of how to handle students in military families," Mercer said. "We want to continue to prepare our [college] students with knowledge and skills to do a high-quality job once they are out in their own teaching careers."

"I think this documentary is powerful," Daniel Potucek, senior in secondary education and a member of the documentary, said. "Learning about all of the other life experiences that the other people had, it made me feel less alone. In the military, you and your brothers become connected and become a family of sorts. This [movie] shows how even in civilian life, it still almost feels like a military community."

The documentary told the stories of seven different people, including

current K-State students who served, grew up in a military family, or are now retired from service and returned to school. It also featured professional educators who work in the field, teaching others about how to be prepared for students affiliated with the military.

"[This documentary] was our story," Funk said. "There was a lot of courage to produce it and a vision to lay it all out there."

K-State and Fort Riley recently resigned a contract for continued support and collaboration between the campus and the Fort Riley post. The College of Education is personifying this movement by placing undergraduate students in Fort Riley schools for their senior year practicums. Faculty within the College of Education also take tours of Fort Riley schools to better understand the climate of military schools.

Last year, the "A Walk In My Shoes" video focused around international graduate students. Patrice Scott, communications coordinator for the College of Education, said she wanted to take the success from that event and transfer it over into this year's documentary. With more than 100 people in attendance, as well as the documentary being viewable for free on the College of Education's website, she said she believes the event was successful.

"When we were planning this documentary we asked, 'Who do we select for this project? Whose stories are chosen?'" Scott said. "Seven people were chosen. The result was such a powerful and moving piece. It's so hard to put it into words."

Before the kickoff of a larger initiative to support students in military families through the College of Education, Mercer said this documentary puts impact and a personal touch



Chandler Riley | Collegian

The audience gathers to watch the documentary, "A Walk in My Shoes: Military Life" in Forum Hall on Wednesday afternoon. The intent of the documentary was to make people more aware of the challenges and rewards that come with having ties to the military.

into the entire initiative. According to Mercer, the college addresses a lot of different forms of diversity, but military families weren't a specific part of that.

"We are creating educational modules exemplifying military culture and student resiliency," Mercer said. "The military culture is not always something we think about. This is a visible component for students to show how important and critical work with mil-

itary families is. We want to leave a larger impact outside of just K-State to continue to make sure these types of issues are included in the discussion."

Audience members watched the documentary for free and had the chance to listen to a panel of community educators who have been directly affected by military families. Panelists Ronald Walker, superintendent of the Geary

County School District USD 475, said that more than 70 percent of his school district are military affiliated.

"I hope people take away from this the understanding that it is not just the soldier who serves, but the whole family serves as well," Potucek said. "It's our responsibility as community members to take care of them [military families] and make them feel welcome in our part of the world."



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ACROSS

1 Skip

5 Colorless

9 Spade or club

12 Hindu

13 Bigfoot's cousin

14 Japanese sash

15 Innocent one?

17 Caltech rival

18 Spoof

19 Opposite of "go"

21 Early hrs.

22 Pale

24 National park in Utah

27 G8 member

28 Smell

31 Have a bug

32 Tractor-trailer

33 Actress Longoria

34 Slapstick arsenal

36 Billboards

37 Heehaw

38 Supermarket section

40 Mid-May honoree

41 First extra inning

43 Rub the wrong way

47 "Awesome!"

48 George — Louis (royal baby)

51 Exploit

52 New Zealand bird

53 Slithery school

54 Always, in verse

55 Rhyming tributes

56 Fit of peevishness

DOWN

1 Eyes, poetically

2 Poet

3 Angelou

4 Smithsonian, for ex.

5 Orange shade named for a painter

6 Force unit

7 Scarlet

8 Dined on

9 Canoe material

10 Potpourri container

11 Wading bird

12 Heart of the matter

13 Branch

14 Author

15 Buscaglia

16 Exec.'s deg.

17 Verifiable

18 Relaxation

19 Pivot line

20 City in Yemen

21 Sandwich shop

22 Formerly, formerly

23 Cover

24 Lamb's dam

22 Remark to the audience

23 Droops

24 Use a ray gun

25 Midafternoon, on a sundial

26 Poisonous evergreen

27 Caspian feeder

28 Reproductive cells

29 Actor

30 Liotta

31 Perch

32 Noble companion?

33 Plumed military cap

34 Exec.'s deg.

35 Verifiable

36 Relaxation

37 Pivot line

38 City in Yemen

39 Sandwich shop

40 Formerly, formerly

41 Cover

42 Lamb's dam

Solution time: 25 mins.

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Yesterday's answer 9-12

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THE BLOTTER

ARREST REPORTS

Tuesday, Sept. 10

Jordan Suzanne Hofman, of the 1900 block of Mulligan Place, was booked for failure to appear and driving with a canceled, suspended or revoked license. Bond was set at \$3,500.

Drew Christopher Fox, of the 2000 block of Casement Road, was booked for two counts of failure to appear. Bond was set at \$9,000.

Zachery Ryan Burch, of Manhattan, was booked for probation violation. No bond was listed.

Timothy Lowell Suderman, of the 2400 block of Strawberry Circle, was booked for driving under the influence. Bond was set at \$750.

Raymond Wallace Grimes III, of Abilene, Kan., was booked for driving under the influence. Bond was set at \$1,000.

Andrew William Smith, of Midland, Mich., was booked for two counts of failure to appear. Bond was set at \$4,500.

9-12

CRYPTOQUIP

WHOC RGIXJU QOXGETGC
LPGUUKL GQXJB G QHGYPH
TDX PXWHU QHPBKMY XJB
BJMHU: "BDH DXJME XR
IJUKL."

Yesterday's Cryptoquip: ONE COULD IMAGINE THAT ALL MAIL SENT AMONG GHOSTS MUST GO THROUGH THE DEAD LETTER OFFICE.
Today's Cryptoquip Clue: Q equals B

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@KSUCrush is much better than @KSUAdmirers. They keep it classy, not trashy.

Dear Pedestrians, If you have such a problem with cyclists riding on sidewalks, why not make more bike paths? Love, Cyclists.

I don't care if you wish sticks in my spokes - I'm not dismounting for people who can't get their heads out of their butts and/or cell phones. You wouldn't text while driving or biking, so why are you texting while walking?

Seriously though, what's up with all the guys wearing pastel shorts? CAN WE NOT?!

Walkin' my bike through campus... Ain't nobody got time for that. "A stick in the spokes?" Now, that's just rude.

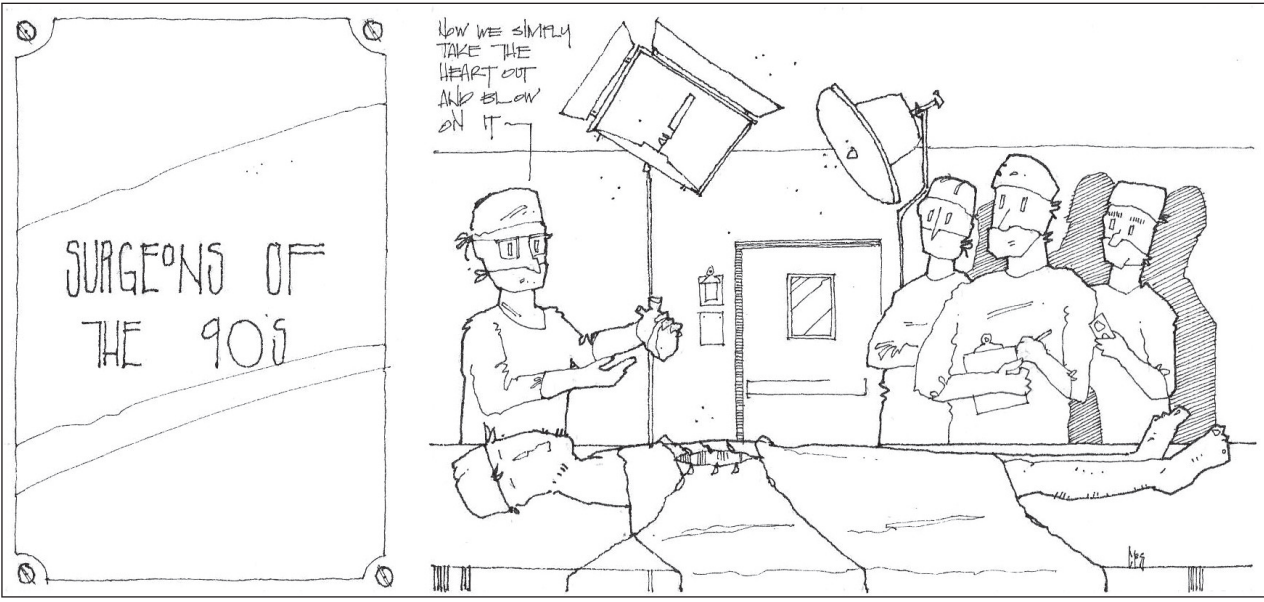
"Failure is only permanent if you quit." - Al Duncan.

Women in Kansas need to wear more sundresses and less t-shirts.

I love when KSU athletic promotions runs out of certain sizes. I will now proceed to rock the size small old school Willie bro tank.

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your email address or phone number is logged but not published.

The Blunt Instrument | By Chris Sanford



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LETTERS TO THE EDITOR

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Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

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All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit nws.noaa.gov.

CORRECTIONS

There were errors in the Sept. 9th and 10th issues. In the Sept. 9 issue, the caption on the photo of the K-State-Louisiana game is dated Aug. 7. The game took place Sept. 7. In the Sept. 10 opinion column by Patrick White, the Trinity College referenced in the article is located in Hartford, Conn. The Wesleyan University referenced is located in Middletown, Conn. Both of these universities were incorrectly referred to as public institutions. They are private. In the Sept. 10 volleyball preview article on page four, no author was listed. David Embers wrote the article.

If you see something that should be corrected or clarified, call managing editor Mike Stanton at 785-532-6556 or email news@kstatecollegian.com.




KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.

1-		5+	24*
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24*	1-		3-
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BEEF


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PORK

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LAMB

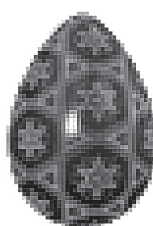
chops, roast, ground lamb



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HEAD 2 HEAD

Beasley good fit for Miami Heat



Michael Beasley is easily the most recognizable K-State alumnus in the NBA. Since his early departure from the university to become the second overall pick in the 2008 NBA Draft, Beasley has had a hard time keeping his nose clean. There is no doubt that the talent is there, but his off-court antics have kept him from reaching his full potential.

On Wednesday, the two-time reigning NBA Champions, the Miami Heat, decided to give Beasley another shot in the NBA. Earlier this summer, Beasley was released by the Phoenix Suns after being arrested on another drug-related charge. One might ask why another team would take the risk on Beasley, let alone the team going for a three-peat this year?

I believe that the Heat are a perfect fit for Beasley. Over his first five years in the league, he has been part of losing teams, which makes it easy to get distracted. The Heat will be a good fit for Beasley because they have their eyes on one thing: another NBA title. Hopefully that team drive will keep Beasley focused on basketball.

Beasley began his career with the Heat when they chose him immediately after former MVP Derrick Rose in the draft. During his two years in Miami, Beasley averaged around 14 points and five rebounds per game, showing early signs of having All-Star potential. He was then famously moved to Minnesota when the Heat acquired LeBron James and Chris Bosh.

Despite playing on some pretty bad teams, the forward continued to show his talent. In his first year in Minnesota, he averaged 19.2 points and nearly six rebounds per game. Beasley finally looked to be in top form and ready to emerge as a star in the league.

The following year, Beasley was plagued with injuries, as he only started seven games for the Timberwolves. After the season, he was signed by the Phoenix Suns. Initially this looked like a good move. The Suns had traded Steve Nash to the Los Angeles Lakers and Beasley looked to be in the position to become that All-Star type guy for the Suns. However, it once again did not work out for Beasley, as he made only 20 starts and averaged a career low in just about everything.

The Suns bought out the rest of Beasley's contract earlier this summer, making him a free agent. Because of everything that had transpired with the former K-State Wildcat, it almost appeared that his time in the NBA had come to an end.

Now he has been given yet another chance to play in the NBA, and in the best situation available. The expectations for Beasley are not going to be what they have been for his first five seasons. That's the luxury of playing with three All-Stars. But what will Beasley be asked to do?

We will most likely see the talented



forward come off the bench for the Heat and provide more depth. The pros easily outweigh the cons in this type of situation. The worst case scenario is that Beasley is not productive and does not make the team, which is still an option. While he has received a contract, he still has to make the squad before he is paid. Secondly, Pat Riley is still the boss of the Heat. He most likely had a long interview with Beasley about his off court incidents. Beasley will not be able to act out in that strong locker room with guys like LeBron James and Dwyane Wade.

The best case scenario for Beasley is that the Heat absolutely stole a guy who still has his All-Star potential. There is a chance that he will come into the season and show everyone what he is capable of, perhaps even landing himself a starting gig. That might be a bit of a stretch considering what we saw last year with the Suns, but he has the potential. The Heat has won two consecutive titles by building a roster of talented players around three all-stars. It is quite possible that they just landed a key piece in Beasley.

John Zetmeir is a junior in journalism. Please send all comments to sports.kstatecollegian.com.

Beasley too much of a gamble for Heat



Michael Beasley was signed by the Miami Heat on Thursday, Jan. 30, 2008 was one of the best nights in Bramlage Coliseum history as freshman sensation Michael Beasley led K-State to an 84-75 victory over the Kansas Jayhawks. Beasley dominated the game, scoring 25 points and snagging six rebounds.

That game went down in history as Beasley's defining moment at K-State. He went on to be the number two pick in the 2008 NBA Draft, going to the Miami Heat.

Since 2008, Beasley's career has been derailed by off-court distractions. Sent to Minnesota following Lebron James' "Decision," and after a stint in Phoenix last season, the Heat signed Beasley once again Thursday.

But before Beasley could even play a game in his rookie season, he was busted for marijuana.

On Sept. 3, 2008, police were called to the room of former Jayhawks Mario Chalmers and Darrell Arthur at the NBA Rookie Transition Program because marijuana smoke set off the fire alarm. Arthur and Chalmers were both sent home, and ESPN quickly reported that Beasley was involved as well. Although he was not sent home for the incident, former Heat head coach Pat Riley made Beasley admit his fault. Beasley was then fined \$50,000 by the NBA.

The problem with Beasley is that his incident with Chalmers and Arthur was just the start to a long, tumultuous battle with the law. He has been given citations for marijuana in 2011 and 2013. His temper has also got the best of him in the past. During a pickup game at

New York's famous Rucker Park, a fan was heckling Beasley. Eventually Beasley had enough, walked over to the fan and, with an open palm, shoved him in the face.

Beasley's off-court antics have led to him being dumped by multiple teams: the Heat, Timberwolves, and Suns. Can you blame them? Image and branding are one of the biggest parts of building a fan base and if a team isn't promoted properly, they will make that problem disappear. Beasley has a proven track record of being a problem.

Beasley's scoring prowess has kept him in the league, though. His rookie year he provided 13.9 points per game for the Heat coming off of the bench. He has gone on to average 14.1 points per game for his career. Although this isn't going to win any scoring titles, as Los Angeles Clippers coach Doc Rivers predicted when Beasley was first drafted, it will add solid production for a team in need.

During last year's playoffs, Indiana Pacers' center Roy Hibbert exposed the Heat's problem with stopping a physically big man. But Beasley doesn't fill that hole. In fact, Beasley is very expendable. His best quality is his scoring, but the Heat finished fifth in the league in points per game last year.

The Heat finished dead last in rebounds per game last year, but Beasley won't help there either. His rebounds have dwindled from 6.4 per game to 3.8 per game since 2009, with a steady decrease every year. Beasley's biggest contribution to this Heat team will be letting LeBron James rest a little more. James has averaged 38.1 minutes per game in his time with Miami.

The Heat signing Beasley has much more risk than it does reward. While Beasley could provide good minutes while James gets some rest on the bench, he could also create a public relations nightmare. It's tough for a team to promote a family-friendly environment while one of their players is in trouble with the police for drugs.

This is the type of risk that should be taken by a team like the Houston Rockets. The Rockets are just one small piece away from being an NBA Finals contender. The Heat are defending champions. They don't need to take risks in order to win another title.

The Heat have no publicity problems at this point. The biggest concern for the front office — at least at the present time — is trying to win a third straight championship. Bringing in a player who may tarnish their great image isn't a smart idea. The old saying "If it ain't broke, don't fix it," rings true with this signing. While the team has to improve constantly to maintain its level of play, the Heat can accomplish that in other ways that don't involve signing Beasley.

Austin Earl is a freshman in pre-journalism. Please send all comments to sports.kstatecollegian.com.

This Week in K-State Sports

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FOOTBALL: K-State wins over Louisiana 48-27 VOLLEYBALL: K-State wins over Siena 3-0 XC: K-State Women finish first, Men finish second		WOMEN'S GOLF: Ptarmigan Ram Classic, currently in eighth place	WOMEN'S GOLF: Finished tied for eighth VOLLEYBALL: Win, 3-1 over Tulsa			VOLLEYBALL: @ Cal Berkeley Tournament	VOLLEYBALL: @ Cal Berkeley Tournament FOOTBALL: vs. UMass, 6 p.m.

In senior season, K-State RB John Hubert chases elusive 1,000 yard year

Sean Frye
sports editor

If you look at this year's K-State football schedule poster, you'll find a group of players surrounding senior linebacker Tre Walker, who is holding up the wooden block with the inscription "family."

But if you look closely, you'll notice that it's not Walker that's at the forefront of the team. Rather, standing just beside Walker at the front of the pack is senior running back John Hubert.

Hubert, who finished fourth in the Big 12 in rushing yards last season, is looked to as one of the leaders for the Wildcats.

"I have to step up and get into that leadership role," Hubert said

at the K-State Football Media Days on Aug. 5.

Last Saturday against the Louisiana Ragin' Cajuns, Hubert became the ninth player in program history to rush for over 2,000 yards in a career, cementing himself into K-State history. That list includes legendary names such as Darren Sproles, Daniel Thomas, Ell Roberson and Collin Klein, last year's Heisman Trophy finalist.

Hubert likely won't catch K-State's all-time rushing leader, Sproles, who has 4,979 career rushing yards as a Wildcat. But if Hubert can rack up 827 more yards on the ground in the team's 10 remaining games, he'll be able to finish second all-time on the career rushing list. That spot is

currently occupied by Thomas, who racked up 2,850 yards while in Manhattan and is currently a starting running back for the NFL's Miami Dolphins.

But what's even more important for Hubert on this year's team is to fill the gaps in the rushing game that Klein's departure left.

"Last year is last year," Hubert said. "We have new faces in the system now, and a lot of new players on defense. We are combining and coming together. We are just going out and having fun."

So far this season though, Hubert has struggled. In the Week 1 loss to North Dakota State, he rushed for just 23 yards. He improved slightly in Week 2 with 56 yards on the ground and another 35 receiving.

"You saw a couple of snaps last week where he was the old John Hubert," said head coach Bill Snyder. "He turned it loose, stayed on his feet, broke some tackles; I think he needs to do that on a consistent basis."

But Hubert is still averaging just 2.8 yards per carry this season, a far cry from last year's 5.0 average.

Snyder says that he is hoping Hubert can return to his usual

HUBERT | pg. 8

Emily DeShazer | Collegian
Senior unning back John Hubert rushes just out of reach of two North Dakota State defenders on Aug. 30 at Bill Snyder Family Stadium.



Ramen revolution sure to spice up college staple

Amy Himmelberg
staff writer

One of the most recognizable items in any college pantry are packages of ramen. Hectic days call for the comforts of this crunchy noodle partnered with their powdery seasoning packets. Although inexpensive and easy enough for the culinarily impaired, ramen can easily approach a boring status. With just a few tasty twists to this simple classic, your peanut butter sandwiches and cold cereal nights can become a thing of the past. These recipes are interesting enough to make your roommates jealous but quick enough to keep you sane.

Spicy
1 quart chicken broth
2 cloves garlic
3 ounces bacon
1 package Ramen noodles (toss the seasoning packet)
2 tablespoons dark soy sauce
1 tablespoons black vinegar
2 eggs
1 handful scallions (chopped)
Hot sauce to taste
1 handful mustard greens

First, place bacon and garlic in a pot. Add chicken broth and bring to a simmer for 30 to 45 minutes. In a separate pot, bring water to a boil and cook Ramen noodles according to its package directions. Drain and set aside.

Add in mustard greens, soy sauce and vinegar. Slice the bacon. Add sliced garlic cloves to a pan with the bacon and fry both until crisp. Break eggs one at a time into the broth. Place Ramen noodles and mustard greens in a bowl. Carefully remove the eggs before they are completely cooked — a slotted spoon works best. Then ladle the hot broth over the eggs and noodles. Cover with bacon, fried garlic and scallions. To finish, garnish with a squirt or two of hot sauce.

It's hard to go wrong when bacon is involved. The slight crunch adds a change in texture to a usually soupy concoction. The dark flavors of the soy sauce and vinegar come together to taste like more time was invested than actually was. Salty and spicy come together to keep it just hot enough to get your attention,



Parker Robb | Collegian

Shrimp, green beans and a pinch of spices is just one of many ways to turn a boring batch of Ramen noodles into a more exciting and flavorful dish.

but keeps you clear of after dinner heartburn.

Comfort food
½ package of Ramen, any flavor
½ of the Ramen seasoning packet
1 tablespoons oil for cooking
2 tablespoons butter, softened
2 thick slices very sturdy bread
Handful of mozzarella or monterey jack cheese
Handful American or cheddar cheese

Bring a pot of water to a boil. Cook Ramen noodles fully in the boiling water. Drain the Ramen noodles. Pour half of the seasoning packet over the noodles and toss to mix. Set aside.

Heat olive oil in a frying pan over low heat. Spread the outside of both slices of bread with softened butter. Place both slices of bread buttered-side down in the oil in the pan. Pile one slice with mozzarella or monterey jack cheese; pile the

other slice of bread with American or cheddar cheese. Cook until bread is toasted and cheese has melted. Remove the grilled bread to a plate or cutting board. Pile as much Ramen on one slice of the bread as you'd like. Close the sandwich with the other slice of grilled bread and cheese. Press together firmly.

Although messy and slightly greasy, this sandwich is melt in your mouth, gooey gourmet. With a little chili pepper or some chives to brighten up the yellow over load, this is a dinner success.

Slightly Sweet
1 can coconut milk
2 cups shredded carrots
1 medium onion, thinly sliced
12 ounces raw medium shrimp, peeled and deveined
2 packages (3 ounces each) shrimp-flavor ramen noodles; reserve 1 seasoning packet
2 cups snow peas
1/4 cups finely chopped cilantro
4 teaspoons lime juice

Bring the water, coconut milk, carrots and onion to a boil in a 10-inch skillet. Add shrimp, Ramen noodles and snow peas; press down to submerge. Bring to a simmer for two to three minutes while continuing to stir to break up noodles, until shrimp are thoroughly cooked. Remove skillet from heat. Stir in reserved seasoning packet, cilantro and lime juice.

The protein of the shrimp makes this a meal worth eating. The sweet taste of coconut and lime make it an exotic treat worthy of making time and time again.

Salad
2 packages of Ramen noodles
1 cup of feta cheese
1 cup of red peppers
1/2 cup of onions
1/2 cup of black olives
1/2 cup of green olives
1/2 cup of tomatoes
1/2 cup of canola oil
1/2 cup of onions
1/4 cup of citrus juice

Dash of salt and pepper
2 cups of water

Put two cups of water in a cooking pot and bring to a boil. Once the water is boiling add your Ramen noodles. Wait two to three minutes until the noodles are tender and separated. Drain. Mix the canola oil and the citrus juice in a bowl. Add dashes of salt and pepper. Cut all the vegetables into small pieces. Cut the feta cheese into small cubes. Add the vegetables and feta cheese on top of your noodles. Pour the dressing on your Greek salad and enjoy.

Completely refreshing and boasting a clean, crisp finish, this salad is best as a side dish or even a healthy snack. It will make you feel good about what you're putting in your body. With plenty of robust veggies and the creamy compliment of feta, your taste buds will easily be satisfied.

Amy Himmelberg is a senior in mass communications. Please send comments to edge@kstatecollegian.com.

Diet soda is daily life saver to some, appears harmful to others



For some, diet soda is an every day necessity equal to coffee. Whether it's staying up late to cram for a test or waking up just in time to make it to class, diet soda is what keeps these people running. And they're not alone, as these drinks are among some of the most heavily consumed in the United States.

Diet drinks are a popular beverage for people of all ages, especially those attempting to make healthier choices in their diet. According to a survey by the Center for Disease Control and Prevention in 2010, about one-fifth of the U.S. population consumed diet drinks on any

given day.

There are several studies suggesting diet soda is one of the best beverages to drink if one is trying to have a healthier diet, but still wants to consume caffeine. But are diet sodas actually healthier for people, or it is just hype?

The label on diet soda states what ingredients are used to make the beverage, but there is one ingredient researchers are looking into more. Some research claims that the artificial or "fake" sugar, usually aspartame, in diet soda tends to have negative impacts on the body.

Mark Haub, department head and associate professor of human nutrition, said the effects are different depending on the individual.

"Across the board there aren't negative outcomes of drinking diet soda," Haub said. "But some people are sensitive to its ingredients more than others."

Some studies have suggested

that the artificial flavoring can be lethal, toxic and lead to a higher risk of cancer. However, there has been no conclusive research to that claim, and it is often inspired by the idea that because the products aren't natural, they are harmful to the body in general. However, there is again no conclusive evidence that shows the long term effects of the ingredients in diet soda.

Kelby Green, sophomore in human nutrition, said it is possible to drink diet soda and live a healthy lifestyle.

"I know it's not good for me, but I think it's important for people to understand how to have a healthy balance between healthy foods and some 'cheat foods,'" Green said. "I choose diet soda as one of my treats or as a cheat drink."

People who are trying to achieve healthier lifestyles often believe they should always get



Photo Staff | Collegian

There are no conclusive studies that show consumption of diet soda to be a direct link to causing cancer.

SODA | pg. 8

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every day
on page 2
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Miss Kansas wishes to end stigmas as Miss America

Sid Arguello
staff writer

Miss Kansas Theresa Vail is currently in Atlanta, Ga., for the 2013 Miss America Pageant. Vail, senior in chemistry, is participating in the preliminaries that are taking place Sept. 10-12. At the preliminaries Vail will work to solidify her spot for the final competition this Sunday, Sept. 15.

Vail, who said she is no stranger to hard work, was brought up in a military family and, for the past six years, has been an “American soldier.”

“People laugh when I first tell them I served as a mechanic, a grease monkey,” Vail said in her video entry for the Miss America Pageant. “Who would have ever thought that a grease monkey would hold the title of Miss Kansas 2013?”

Hard at work, Vail said she heads for competition with more in mind

than the Miss America crown. In her Aug. 22 blog post, on missoutdoorgirl.com, Vail made a statement that during the swimsuit portion of the competition, she will be baring her tattoos with pride.

“God, Grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference,” is tattooed on Vail’s side. Vail also has a much smaller tattoo of the medical military insignia, signifying her sense of duty for her country and the American people.

She said that it is not her intention to cause a spectacle for choosing to bare her tattoos, but only to be true to herself and the role model she has become.

“As I was growing up amidst the bullying and neglect, I found myself asking God on a daily basis to give me peace in knowing I cannot change certain things about myself,” Vail said. “But also asking Him to give me the strength to

change things that I had the power to.”

Vail’s tattoos are not only a statement of the struggles she faced in her adolescent years, but also a reminder of how prayer was able help her get through both high school and boot camp.

Vail got the serenity prayer tattoo when she was 20 years old, and said she fully understood the decision she was making. More importantly, Vail said she is using her trials and memories in her decision not to cover up her tattoos during the swimsuit portion of the competition.

“What a hypocrite I would be if I covered the ink,” she said, stating that her platform is to help break stereotypes, break barriers and, most importantly, to help empower women across the country. “With my platform, how could I tell other women to be fearless and be true to themselves if I can’t do the same?”

Vail said that the title of Miss

America is more than what people expect.

“She must represent contemporary women between the ages of 17-24,” is stated in the job description to whomever holds the title of Miss America,” Vail said, noting that the key word is “contemporary,” a synonym for “modern.”

If crowned Miss America, Vail would be pioneering what she and many people sees as a new era of competition for the crown. There is a stereotype surrounding the title of Miss America as being a perfect girl who is devoid of flaws.

What Vail said she wishes to bring to the table is an end of a stigma that girls with visible tattoos have no place in pageant work.

“I am a traditionalist, I am conservative and I am a God-fearing woman,” Vail said. “Having tattoos does not negate any of those [values].”

The title of Miss America comes with many duties, some including

traveling for a yearlong speaking tour focusing on the platforms on which the pageant winner ran on. Emphasizing on the importance of truly living up the meaning Miss America, Vail pointed out sections she finds very important in the job description that comes with being Miss America: “She must be comfortable in her own skin” and “She must be true to whom she is as a person.” Vail said she believed she would be falling short in these areas if she decided to cover her tattoos.

“This is 2013. We are not in the dark ages, we are not in the 50s,” Vail said. She said she wishes to open the doors for women around the country who may not fit the stereotypical mold, but who potentially have more to offer the crown. “We are the leading nation for innovation, creativity and progression.”

Sid Arguello is a senior in psychology. Please send all comments to news@kstatecollegian.com.

Architecture studio gets practical experience in Roatan, Honduras

Alexis Leiker
staff writer

Fifth-year architecture students in Architectural Design Studio 7 and architectural programming are not only gaining hands-on experience by designing a sustainable urgent health care center, but also by improving the quality of life for those living in Roatan, Honduras.

These students, along with architecture professor James Jones and associate architecture professor Dragoslav Simic, have been collaborating to design and build a sustainable urgent health care center in the town of Roatan, an island off the coast of Honduras.

The students are continuing the project plan that was developed in the fall 2012 semester by students in Jones’ vertical studio, Studio 73, by collaborating on improvements and modifications.

After multiple design schemes and presentations to Roatan citizens, mayors, medical officials and their technical staff, the students found that it would be beneficial to make two smaller clinics instead of the large one. The two clinics are being designed for both the east and west end of the island, respectively. Now, the biggest challenge is finding the funding for the centers’ construction.

Jones, Simic and the students have already taken one major step towards getting the funding they need by reaching out to community leaders and politicians. They recently received a letter from Congressman George Romeo Silvestri, a Honduran politician who currently serves as deputy of the National Congress of Honduras representing the National Party of Honduras for Islas de la Bahia. In the letter, Silvestri stated his approval of the project.

Jones said the involvement of such an important figure could lead to actual funding for the centers. He said they now hope to acquire the approval of leaders on the local and national level.

Another challenge the students are facing is finding a way to travel back to Roatan. Last fall, 19 students of the combined studios made the trip to experience the island and see



K-State architecture graduate **Paul Elmore** offers advice to **Naihao Fan**, senior in architecture, and **Kelsi Kramer**, senior in architecture, on their team’s sustainable health care center design during a critique session on Nov. 16, 2012. Both Fan and Kramer are now graduates of the architecture program, but spent their final year working on the studio’s unique project.

the local hospitals.

“The current conditions of their hospitals are terrible,” Thomas Lusk, senior in architecture, said. “They don’t have adequate facilities.”

Last January, a second trip was taken to the island with 11 fifth-year students. It was then that the students presented their initial plans for the urgent health center. Jones and Simic said they want to continue to take students back to the island, but university policies make it extremely hard to do so.

“We don’t think where we go in Honduras is particularly dangerous...of course all the places that need this kind of help...is where we can’t go,” Jones said.

Many students in the architecture program have expressed interest in what is happening in third-world countries and how those countries could shape their careers.

“For our students, it’s very important to go see [the third world countries] and get the experience,” Simic said.

Jones also says this is one

of the best ways to gain experience, despite the difficulties they face.

“These projects are called ‘service learning’ because we are trying to teach students to try and meet a need, a real need,” Jones said.

Not only would this project improve Roatan’s citizens’ quality of life, but it would also help the economy of the island. It would provide jobs for people and, since the centers are being designed with sustainability in mind, it could also create a new

industry.

Last semester, the studio students found that bamboo could be used for structural purposes after completing an experiment involving bamboo trusses. The students found that bamboo has the potential to hold large amounts of weight and proved to be an efficient method of construction. The students’ findings offer a new source of material that would better fit in, and be more accessible, with Roatan’s geography.

Jones said this discovery

could lead to a business in fabricating bamboo structures, which in turn would benefit Roatan’s economy.

Jones and the team remain optimistic about their plans for the urgent health care centers in Roatan, though they still have a lot of work ahead.

“Dragan [Simic] and I are working with islanders to get to the goal and we will continue to assist them in seeking grants, funds, etc., which I don’t think, in the end, will be very hard,” Jones said.

EMPATHY | Trafficking: Closer than you think

Continued from page 1

Brende was horrified when his Mexican friend tried to calm him with the explanation, “It’s cultural.”

It is stories like this that inspire iEmpathize members to take action. iEmpathize’s campaign serves many purposes. It fights for anti-human trafficking legislation, educates children, helps survivors and raises awareness.

“In the past year and a half we’ve seen 1,000 human traffickers be arrested. We’ve seen over 100 behind bars, we’ve seen hundreds of kids be rescued,” Brande said. “A lot of those kids have had really radical restorations, reunions with their parents and we’ve really been able to be a part of that which is exciting for us but we realize it’s not enough because to end this, we have to go extreme. We have to stop it before it starts.”

Along with working with the Mexican government, Brende said iEmpathize will be teaming up with survivor and ultra runner, Norma Bastidas, in March 2014 as she attempts to complete the world’s largest triathlon. Bastidas will be running, swimming and biking from Mexico City to Washington D.C. with planned stops at attorney generals’ offices on her way to push for more governmental action to stop human trafficking.

The idea that human trafficking is in close proximity in the Midwest was a completely new idea to some students, and many say this encouraged them to think about personal safety.

“It’s the kind of thing people don’t know about; it’s detached from my life,” Xiaoyan Qin, senior in psychology, said. “I think people should learn something to protect themselves.”

That is exactly iEmpathize’s goal, to inform the public that this is an issue within proximity to them. iEmpathize is also working to educate young people across the globe.

Helen Van Dam, event and communications coordinator for iEmpathize, said that current donations are going towards curriculum for middle and high school children. iEmpathize is taking donations all week, but it is not the only way for students to become involved.

“A great way to get involved is to share the films with their friends and family and tell them about the issue,” Van Dam said. “Especially if they know anyone in law enforcement [or] in the trucking community, they’re the eyes and ears out on the streets.”

Van Dam also said that mentoring has proven to be a way to help reduce human trafficking victims. Van Dam said that just being a positive influence for a child substantially reduces their risk of being trafficked because traffickers prey on children’s loneliness. What it comes down to at iEmpathize is putting yourself in the position of trafficking victims.

“Most people don’t recognize or realize our efforts can help save so many lives,” Lei Cao, senior in finance, said. “This is good, to educate us [on] how to make the world more beautiful.”

Reflecting on Sept. 11: Twelve years later



Every generation has a moment that instantly changes everything. A moment that shakes us to the core. A moment that no one will ever forget. For our grandparents, it was the attack on Pearl Harbor. For our parents, it was the assassination of President John F. Kennedy. And for us, the 20-something college students of the United States of America, it was the terrorist attacks of Sept. 11, 2001.

12 years ago today, most of us were sitting in our elementary school and junior high classrooms when the first plane crashed into the North Tower of the World Trade Center. I was at

school in Sharon, Pa., going about my day as usual, blissfully unaware of the impending tragedy until hushed conversations between teachers led my classmates and I to sense that something was amiss. A short time later, they let us out of school, and I walked through the dreary fall morning to find both my parents waiting in the car, a rare sight so early on a weekday. By then I knew that planes had crashed into buildings in New York City, but I had no idea what was in store for me when we went home to turn on the news.

As the world looked on, the two tallest buildings in the world burned. Countless lives were extinguished before our very eyes. Human beings threw themselves from the upper stories, choosing to fall to their deaths rather than succumb to the flames. It was too much for my nine-year-old mind to comprehend. Heck, there isn’t a brain on the planet capable of fully grasping what took place on that dark day.

Coupled with the tragic loss of life, Americans had to face the fact that we’d been attacked. This wasn’t any sort of unfortunate, but unpreventable, accident or natural disaster. We’d been ambushed, stabbed in the back in broad daylight. As more details emerged, it became clear that these cowardly terrorists had killed thousands of innocent men, women, and children in what their twisted brains perceived as the will of a higher power.

I remember when President George Bush addressed the nation following the attacks. Despite my next-to-non-existent understanding of politics, I looked up to and respected our Commander in Chief, and it was shocking to see him so clearly shaken.

But the words President Bush spoke that night rang true. The attacks, he said, “Were intended to frighten our nation into chaos and retreat, but they have failed...These acts shatter steel, but they cannot dent the steel of American resolve.”

In the days, weeks, years, and now



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9/11 | Never forget

Continued from page 5

decades that followed the events of September 11, 2001, our nation rebounded, and resolved to live our lives as a tribute to those so tragically lost. From sea to shining sea, communities came together to help their fellow citizens heal and rebuild.

This summer, the exterior structure of One World Trade Center, also known as the Freedom Tower, was completed. The building stands precisely 1,776 feet tall, and towers over a museum memorializing the nearly 3,000 lives lost in the attacks. It stands proudly against the New York City skyline, proclaiming to the world that while we can be knocked down, we'll always get back up.

Twelve years later, we've risen from the ashes of September 11 to become a stronger, more resilient, and more unified nation than ever before. None of us who lived through that day will ever forget it. We can only hope that those born since will never have to experience anything similar.

Today, reflect on the countless lives that were unfairly cut short. Be thankful that we live in a land where such violence is unwelcome as it is uncommon. Never take a day for granted, and live every second in remembrance of those who no longer can. And above all, never, ever forget.

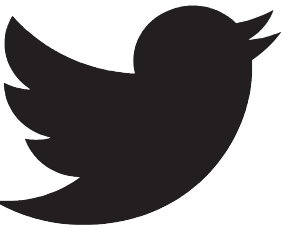
Mike Stanton is a sophomore in journalism. Please send all comments to news@kstatecollegian.com.

The beautiful game on a beautiful day



Zach Werhan | Collegian

A student attempts to block another student's goal during an intramural soccer game at the Chester E. Peters recreation complex on Wednesday.



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Concepts Sudoku By Dave Green
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		3			2		9
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9				6			7
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	6						
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4	9	1					2

Answer to the last Sudoku.

7	6	1	2	4	5	9	3	8
3	4	9	8	7	1	6	2	5
5	8	2	6	9	3	4	7	1
9	2	4	7	5	8	3	1	6
6	3	5	9	1	2	7	8	4
1	7	8	3	6	4	2	5	9
8	1	7	4	2	9	5	6	3
4	5	6	1	3	7	8	9	2
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HUBERT | RB looking forward to solid year

Continued from page 3

self in the game against UMass. "I just want him to get back to the rhythm that he was in last year and there are a lot of things that enter into that as well but I think we need to get John to run hard," Snyder said. Snyder and Hubert are entering their fifth season together, so Snyder definitely knows what it takes for Hubert to play at his highest level. Hubert joined the program in 2009 and redshirted his first season. Then, after appearing in seven games while sitting behind Thomas in 2010, he became the starting running back in 2011. "It has been a long, five years under Coach Snyder and going through two-a-days, camp and spring games," Hubert said. Since then, Hubert has started all but one of K-State's game. And he's been one of the biggest stars in the entire Big 12. Hubert said that one of his goals this year is to reach that 1,000 yard mark in a season. That milestone has eluded him over the past two seasons, when he rushed for 970 and 947 yards. "That's still always my goal until I get it," Hubert said. "My goal is just to go out and do better than I did last year. I believe last year, I did better than the year before last so this year, I want to step my game up." Overall though, Hubert said he believes that this season will be successful for himself and for those around him. "It's going to be a great year for me and for the rest of my team."

SODA | Lack of evidence to prove negative effects

Continued from page 4

the "low-calorie" or "zero-calorie" beverages when drinking anything but water. The use of the artificial flavors or nonnutritive sweeteners in these low calorie drinks is to ensure that those consuming the drinks are taking in the least amount of calories possible. There is no evidence that strongly supports that drinking low-calorie or diet beverages are better for you than consuming the regular, full calorie beverage in the long term. In order to obtain a healthy lifestyle an individual must take several steps including exercising often, eating in moderation and being aware of what they are consuming. Dianna Schalles, a registered dietitian at Lafene Health Center, said the key to consuming any type of "unhealthy" beverage is in moderation. "If diet soda replaces nutrient rich beverages and foods in a person's diet, such as calcium rich milk, it can lead to health risks," Schalles said. "The age-old advice of moderation can help guide those who enjoy a diet soda now and then." Just like any other beverage or food on the market, diet soda has its positives and negatives. Haub said the decision to consume diet soda is ultimately up to the individual to decide what is best for them. "Individuals just need to be aware of what they are consuming and how much they are [consuming of it]," Haub said. "Drinking a diet soda once or twice a day isn't the worst possible thing."

Morgan Huelsman is a sophomore in pre-journalism. Please send comments to edge@kstatecollegian.com.

State fair celebrates centennial



Casey Gum, sophomore in open option, and Lindy Sasse, sophomore in athletic training, ride down the slide at the Kansas State Fair in Hutchinson, Kan. The fair was celebrating its 100th anniversary.

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health

Healthy tailgating avoids breaking bank, belt buckle



Marissa Haake

Sometimes the thought of eating a healthier diet is appealing for some college students. But at a tailgate, the thought of healthy eating usually gets pushed aside as the healthier option usually costs more than the cheaper, heavily processed tailgating snacks. Luckily, various healthy eating websites are filled with tasty recipes that are quick and easy to make, even on a college student's budget. There is nothing like grilling before a big football game. However, burgers every weekend is not good for a healthy diet. According to Karin Collin's Oct. 14, 2005 NBC

News article, "Nutrition Notes: The best kind of veggie burger," eating a veggie burger versus a burger made with 90 percent lean ground beef could save anywhere from 15 to 25 grams of saturated fat. I tried out a black bean veggie burger for a healthier option at a family tailgate, and I was surprised to find that I really enjoyed it. While I found my recipe on all-recipes.com, there are hundreds of other veggie burger recipes online. I decided on the black bean veggie burger because not only did it lack mushrooms, but also because I have heard the great reviews on the red meat alternative. The recipe calls for black beans, green bell pepper, onion, garlic, egg, chili powder, cumin, thai chili sauce and bread crumbs. The total was only \$10.74 to make four burgers. I followed the recipe and combined the mashed beans with the finely chopped bell pepper, onion and garlic and stirred it all together. Then, I stirred the egg, chili powder, cumin and chili sauce together in a separate bowl.

I combined the ingredients from the two bowls and added some bread crumbs until the mixture held together. I then divided the mixture into four well-portioned patties. I placed the patties on some aluminum foil and grilled for about seven minutes on each side. The hardest part about this recipe was chopping up the bell pepper and the onion, but even that was not very challenging. I initially thought that a veggie burger would not have the same satisfying taste of a typical beef hamburger, but I actually found the veggie burger to be extremely appetizing. The only issue with this recipe is they do not come already made like all-beef hamburgers. They require about 15 minutes of prep time. Another football favorite that can usually cause people to loosen their belt buckle is seven-layer bean dip. I finally found an online recipe that can help to cut down some calories. It even has the same great taste as the traditional

tailgate appetizer. I found the recipe on eatin-gwell.com, titled, "Southwestern Layered Bean Dip." The full list of ingredients can be found on their website. Basically, the recipe took all of the classic ingredients in the bean dip and substituted them with reduced-fat counterparts. In addition, this dip also includes nutritious foods such as avocados, lettuce and tomatoes. The prep time is only 20 minutes and includes servings for 4 people at just 146 calories each serving. I tried this recipe out on my family and did not mention to them that it was reduced fat or that it only cost me \$5. They all complimented me on actually cooking a full meal that tasted good. Some additional healthy sides to serve at a tailgate that will not break the bank are things like choosing to buy veggie straws over buying the classic potato chip. They taste just as good, and you still achieve the salty crunch of a potato chip. Another easy and healthier option is to purchase

grapes as a side. Though grapes can be kind of pricey, shopping smart and buying in bulk for a tailgate is the best way to save some cash. Buying a large 4 lbs. bag of grapes from Dillons only cost me around \$3, and it is very refreshing to snack on at a tailgate. Concerning drinks, most people realize that picking things like water over soda is a great way to save money and calories. If you really just need some kind of a flavor in your water, all natural lemon juice only costs about a dollar. Lemon juice will help to cleanse the liver and kidneys, while also cleaning your mouth. Eating healthy does take more thought than grabbing the typical potato chip bag for a tailgate. Just remember there are simple recipes that will make eating healthy taste great, are easy to prepare and, most importantly for the college student, are cheap. Marissa Haake is a sophomore in psychology. Please send all comments to edge@kstatecollegian.com.

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